

Nation



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Wishing everyone in Eeyou Istchee
a Safe and Happy Holiday Season



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Christmas memories

By Will Nicholls

Memories of Christmas past often return to me as the holidays approach. One of my earliest was in Moose Factory. We lived in a small red trailer on the island in those days with dad working at the former CFB Moosonee. Santa used to come to every home to hand out a few presents on December 24. No reindeer pulled his sled that day but instead a local hitched the sled to his ski-doo. My brother Robie was a little leery of the man in red and wouldn't let him get close.

The gifts were small but welcomed gladly by all of us kids. My special treat at Christmas time was Mandarin oranges. They were only available at that time of year back then. To this day I love them just as much as back then. As with any kid it was a special time of year that was nothing short of magical.

It wasn't as magical for some though. I remember one family who had their presents under our tree. The father had told his children that they were too poor for Santa to come to their house. Along with one present for each of the kids was a small bag of candy. I felt a little embarrassed at the riches we had. My big present that year was a jeep for my G.I. Joe.

The family shared our Christmas meal and we all played with our gifts. That memory has always stuck with me. It was a lesson I needed that went beyond just sharing Christmas with the less fortunate. We weren't really rich in money but the way my father and mother acted towards the family was amazing. They did not in any way look down on them, act condescending or do anything out of the ordinary. They treated

them as fellow human beings who deserved dignity.

Sometimes we forget lessons like these and make people feel like we are doing them a favour. Christmas is not about being materialistic and looking at how much you got. It's about sharing, celebrating and spreading some of that goodwill around with a cheerful disposition.

So give to the food banks. One idea I heard about recently from my mother was interesting. Instead of giving a gift to someone you put a gift in the food banks with a tag that says it's from another person.

In Mississauga, remember that the Meechum store is matching local monetary donations up to a total of \$15,000 though their Wreath of Hope campaign during the holiday season. Meechum also sells groceries to the community's food bank at wholesale prices. That's true Christmas spirit.

Though things may have seemed simpler in the past as you wrote your letter to Santa, look at what you really need to be happy. Make those gestures of generosity freely and you will see a better and healthier community as a result. Then the meaning of Christmas will truly be in your heart and your actions.

...

On a side note I would like to apologize to my mother and anyone else who didn't make it into our 20th year anniversary edition credit box listing all our contributors since 1993. Love you all and may your holidays be everything you wish for.

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I'm dreaming of a white bingo

by Sonny Orr



The wind swept my driveway clean, but my neighbours didn't do so well in the super storm that reminded us that winter still exists, as eight-foot drifts stranded nearly everyone in the small community of Great Whale River. The night before, we tuned into the radio bingo game and wondered how anyone could get through with their winning cards. Then the announcer gave in and told anyone who had the good fortune of winning to stay home and come by the following day.

After a while, my neighbour decided to reappear when the wind died down to a mere 50 mph and visibility cleared to a quarter mile. Facebook posts produced some humour and amazement. A small aircraft was stranded, stuck out on the runway and could only be rescued by snowmobile. Thankfully, no one was hurt but I'm sure the pilot must have regretted the zero visibility and extreme blizzard conditions. Heck, even the ravens stayed put in their swaying nests. But I dared to venture out in all-wheel-drive deep winter traction style.

Slowly weaving around drifts formed just seconds after the snow plow had passed, we crawled along at a steady pace. Two small forms appeared in the middle of the road, kids playing street hockey. As a joke, I asked for directions, but no one heard me through the screaming winds. Ahhh, a lost opportunity for a great joke, I thought, and forged on, about 200 metres from home base. A dark tunnel formed in front of me, then, the flashing lights of the snow plow, again. This time, there are half a dozen trucks, supposedly four-wheel drives, stranded in the middle of town, door deep in snow.

I turned back to try the other route and discovered it hadn't been plowed

for at least a half hour. Charging ahead in low drive, we plunged through drift after drift, with only the momentum carrying us to the other side, my windshield wipers whipping uselessly back and forth. We hit a clear patch on the road then giggled like silly girls on steroids. Wow, the wildest 100-metre run I've done this year!

In all, it took about 15 minutes to do what would normally take me a minute on a good day. Happily, I discover I could still get back in my driveway and in my warm-heated home. Whew, all that for bingo cards – something to write home about for sure or at least chronicle. The worst thing was that we still had another kilometre to go and I'm sure that we would have only been found in the spring hanging on to my ice scraper and bingo winnings.

Luckily, we had a fireplace and a large-screen TV to make up for not winning the pot of gold. Snuggling and munching hot popcorn hits the spot in this type of weather. Who needs Cialis when you got super blizzards to inspire you?

Then reality steps in, the shovels come out and neighbours emerge to greet the fleeting sunshine and last of the dark clouds contrasts the wild whiteness. Suddenly, a flock of ptarmigan swoop by, landing everywhere. Slowly a grin forms on nearly every hunter's face in town as the delectable little winter fowl turn up on supper tables everywhere. Yep, it's hunting time again. Thoughts of the storm fade away and Christmas is on everyone's mind. I'm pretty sure that online shopping might just become the way to do it this year. Hopefully, everyone has a safe holiday this year and don't forget to carry a shovel, just in case. Merry Christmas!

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"They were beating him up in that parking lot, kicking him in the head while he was totally helpless because he was intoxicated and laughing while doing it."

Up close and personal

Roger Orr chronicles the rough-and-tumble life of the homeless in Val d'Or in an online video series

by Amy German

Confronted with the brutal side of Val d'Or, Nemaska drug counsellor Roger Orr decided not to turn away. Instead, he decided to record an intimate glimpse at the City of Gold's impoverished underbelly.

While staying at the city's Native Friendship Centre last summer, Orr said that he heard a scuffle not far away as he parked his car. When he went to investigate the commotion, he saw three white-francophone youths attacking Willie Hester, a Cree homeless person who passed later in the summer from unrelated causes.

"They were beating him up in that parking lot," Orr recounted. "Kicking him in the head while he was totally helpless because he was intoxicated and laughing while doing it."

While the police eventually broke up the attack, Orr said the event gave him the opportunity to reconnect with the man from Waskaganish. "I was so surprised to see how level headed he was, despite being in that state," said Orr.

Through talks with Hester and another Cree who had previously been a homeless addict, Orr decided

to document their stories using his smartphone's video function. Staying in Val d'Or to undergo physiotherapy for a back injury, the project began as a way to pass time but evolved into a serious project. While staying at the friendship centre, he was able to reconnect with some familiar faces.

The result is an unfiltered and intimate portrayal of Val d'Or's lost souls, which Orr hopes will break down stereotypes while sharing the many fascinating stories that his subjects had to offer.

"I had always seen the many Algonquin and Cree people on the street in Val d'Or but because I would always be so busy running around and doing other things while there, I had never really had time before to sit around and talk to them," Orr explained. "I was so busy while there that I had actually tended to avoid them in the past."

While many Crees and other First Nations peoples flock to Val d'Or for various reasons, from schooling to shopping to attending business meet-

ings, the city infrastructure also draws the homeless and addicted. With one of the lowest vacancy rates in the country, many of those with addictions who have fled their home communities end up on the streets, including Natives and non-Natives.

Orr spoke to many marginalized residents when they would come by the centre for coffee during the day. He discovered how "genuine" these street people were and realized that each of them had a story to tell.

"My cousin was also on the street and one time I drove by him and said to myself, what am I doing and why am I going the opposite way. He might need help. So, I picked him up and we started talking and it just started like that," Orr recounted.

"He said (that the addiction) was living with a civil war within himself in terms of body, mind and spirit. I began to gain an understanding as to why he was there."

Orr says he will soon start posting the video series on his Facebook page. *The Nation* will also be hosting the series on our website (www.nationnews.ca).



Bâtir l'avenir



Merry Christmas and Happy New Year

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Nordic has been partners with the Cree people over many years and is very proud of this long-standing relationship.

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Setting up partnerships

Val d'Or business conference focuses on northern economic development

by Akiva Levitas

Regional leaders and business owners came out in force at the annual Business Exchange Day organized by the Secretariat to the Cree Nation Abitibi-Témiscamingue Economic Alliance (SAENCAT) on November 28 at the Forestel Hotel in Val d'Or. Bringing together over 150 companies and organizations, this year's edition of the Exchange is set to break records with an estimated value of contracts and agreements of \$111 million.

Mayors, Chiefs, elected officials and business leaders representing the Jamesian, Cree and Inuit communities came together to build connections and grow their clientele. The annual event has been bringing together communities and businesses in a spirit of mutual cooperation and respect.

"Living off the land for thousands of years has taught the Cree the importance of partnerships," said SAENCAT President Ted Moses. "There are many potential projects that are coming in the wake of the Northern Development."

The development of the construction industry in the Cree communities has been given the spotlight, as maximizing the role of Cree labour in the construction and mining industries is one of SAENCAT's main priorities. As the region is set for an unprecedented situation in 2014 with a new regional government, the cooperation between the diverse communities in the region is only set to grow and benefit the local population.

"All our local businesses, from construction to grocery to retail outlets, benefit when new business comes to our region," Moses said in his opening address. "And with the creation of viable jobs, our local businesses thrive and our young people are encouraged to remain and to continue the work we have started."



The development of local businesses is important for the improvement of services, such as health and education. "Health and economy go well together since economic development, education and work are important determinants for the sustainment of good health and well being," said Bella Petawabano, President of the Cree Board of Health and Social Services of James Bay.

Although contracts awarded by the Cree Health Board are given preferably to Cree companies, the diversity of needs in order to provide better services hinges on being able to develop new contacts.

Improvement of health services has played a huge role in the economic development of the region seeing \$85 million in investments from 2007 until 2013, which includes the construction of five new clinics. As the region has been developing at a rapid pace, the need for an expanded health-service network played a major role at this year's Exchange.

"I want you to reflect on a personal goal that I have and it is to develop our respective Nations; to ensure that youth and workers can rely on investments that will provide them with exceptional futures," said Petawabano. "Collectively,



we have the capacity and the opportunity to work together to achieve this goal."

With over 700 business meetings taking place, the annual Business Exchange Day plays a major role as the catalyst for economic growth. Each new agreement signed and every contract awarded serve as the building blocks for a better and brighter future for the Cree of Eeyou Istchee and the Jamesian communities. Ever since the creation of SAENCAT, the level of cooperation between the two communities has grown.

"Our goal is to enhance the economic environment, to create viable enterprises and to work interdependently with the enterprises of the region," Moses said. "We want to be part of the greater community and, for this, we reach outward in partnership."

Allies join efforts for homeless Native women and their kids

The Native Women's Shelter of Montreal (NWSM) and Batshaw Youth services launched a joint project December 2 to ensure Aboriginal foster children are placed with culturally sensitive families. The NWSM works with women whose children are placed in foster care.

"During the last year, we have had the highest number of Aboriginal parents volunteering to watch over the foster children," said NWSM executive Director Nakuset of the amazing progress the shelter has made.

The initiative was announced during a NWSM fundraising event at McGill University November 29 that sought to raise awareness of violence against vulnerable Native women. The evening brought together McGill students and

members of the public together to enjoy food and music by the Aboriginal Women's group Odaya.

The Social Work Association of Graduate Students (SWAGS) and the Aboriginal Law Students' Association of McGill University helped organize the event.

The NWSM staff members are pleased with the progress made by another innovative project that supplies shelter residents with cameras to give them the chance to produce imagery and poetry from their own perspective

The works by the women of the shelter will be showcased in partnership with the Montreal Museum of Fine Arts during an April show. NWSM will also be producing an exhibit on the Native women who have broken out of the cycle of violence and poverty in order to provide role models for the women who pass through the shelter's doors.

From senator to journo

Controversial senator Patrick Brazeau of Kitigan Zibi has landed a new gig as a "journalist." Brazeau was hired by the Halifax arm of Frank, a satirical and gossip magazine, that lampoons Canadian politicians.

Brazeau came to prominence when he boxed future Liberal Party leader Justin Trudeau. Brazeau lost the bout and had his ponytail cut by Trudeau in front of TV cameras and reporters.

Brazeau went on to anger Natives and their supporters during the height of the Idle No More movement when he belittled Attawapiskat Chief Theresa Spence during her hunger strike on Victoria Island, insinuating that Spence had gained weight during her strike. Not long after he made headlines again when he was arrested and charged with sexual assault and battery after an altercation with his part-



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ner at his home in Gatineau. More controversy followed when questions arose about his residency expense claims. He said his principal residence is on the Kitigan Zibi reserve near Maniwaki, Quebec, but locals on the reserve said they rarely saw him in the Algonquin community.

Brazeau was suspended as a senator after criminal charges were filed against him. Weeks after his suspension, Brazeau admitted that the Harper government used him as puppet against First Nations causes, feeding him prepared talking points that mostly consisted of negative right-wing attacks on Native people.

After losing his Senate salary Brazeau went on Twitter to announce he was looking for media work. Frank magazine bit, hiring him though he had no experience as a journalist. "Listen, here's the deal: Frank Magazine exists, to paraphrase a famous quote, to comfort the afflicted, and be a pain (in) the arse to the comfortable," managing editor Andrew Douglas wrote on the magazine's website.

"And who could possibly be a bigger pain in the arse to, I dunno, just throwin' out some names here, senators (Marjory) LeBreton, (David) Tkachuk and (Carolyn) Stewart Olsen than their former colleague, Patrick Brazeau? Can't you just picture it?"

Brazeau claims he is writing a book and is open to starring in a reality show.



Gino Odjick

One hit over the line

Former Montreal Canadiens and Vancouver Canucks enforcer Gino Odjick, 43, was admitted to a Gatineau psychiatric hospital December 3 for undisclosed reasons.

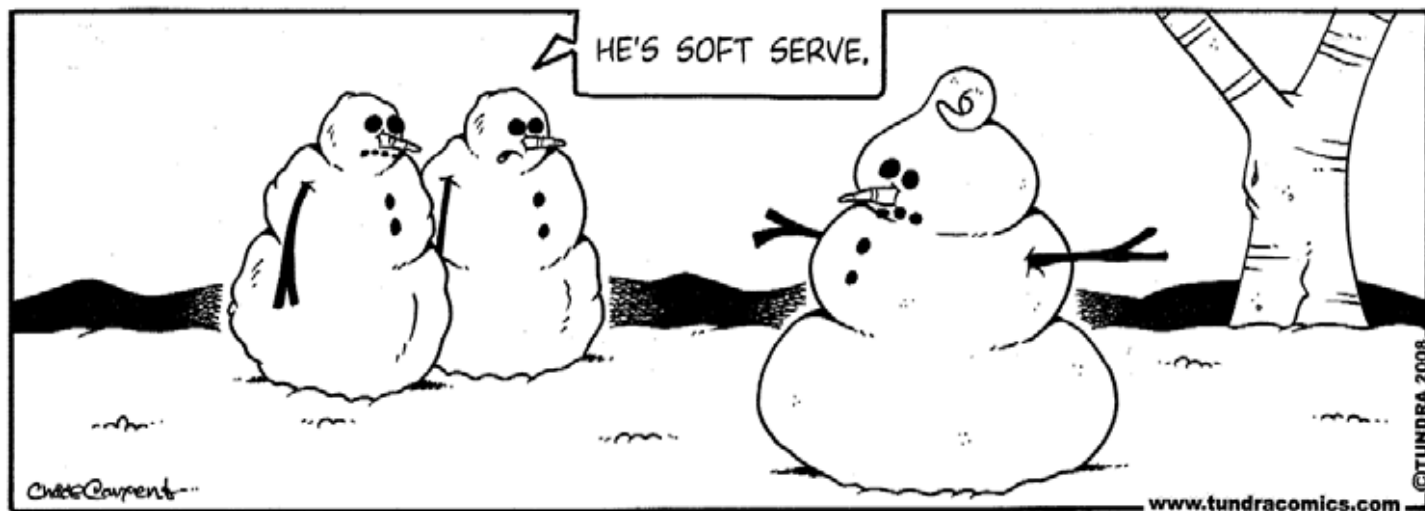
Sources close to "the Algonquin Enforcer" say he claims his problems stem from the numerous concussions he suffered during his years playing and fighting in the National Hockey League. Former teammates and colleagues report that Odjick appeared at a Pavel Bure jersey retirement ceremony wearing sneakers and a hat when he should have dressed formally. "He was way

gone at Pavel's thing," said Kumi Kimura, his business manager.

Odjick played 444 of his 605 NHL games with the Canucks. He earned 137 points and 2,567 penalty minutes in his career. He retired in 2002 after two seasons as a Hab. Meanwhile, 10 former NHL players have filed a class-action suit claiming that the league has not done enough to protect their players from concussions.

The former NHLer told a Quebec journalist recently, "I'm here for my concussions. Since I retired in 2002, I have spent 32 months at the hospital."

Odjick's father Joe passed away on November 25.





Ganging up on bullying

Mistissini's Anti-Bullying Conference doesn't pull any punches

Story by Jesse Staniforth Photos by Harriet Trapper

When you hear the word “bullying,” do you think of something serious, or do you think of it as child’s play? Are bullies a minor problem that kids endure at school, who are easy to forget as soon as they’re out of the way?

The Cree Regional Authority’s (CRA) Department of Justice wants you to think a little deeper about the meaning of bullying.

“More and more, we’re getting calls about people who don’t feel comfortable or safe going to school or other regular environments that everyone has the right to be in,” says Donald Nicholls, Director of the CRA’s Justice and Correctional Services Department. “Nationally, there has been a lot of attention on bullying in the last year, but we’ve known for a long time, with our clients and everyone that we deal with, that that bullying is something that would often come up.”

So over six months ago, the CRA, in partnership with the Cree Health Board (CHB) and the Cree School Board (CSB), began organizing a three-day conference on bullying. The conference took place at Mistissini’s Neoskweskau Complex November 26-28 (and was broadcast live on the JBCCS), and drew a variety of presenters from all over the Cree Nation and elsewhere in Canada.

“The three organizations all realized this is an important issue that not only impacts schools but also the workplace and the community,” Nicholls said. “Our ultimate goal is to make safer environments: to make safer schools, safer communities and safer workplaces. But we also want to help people who



Ann Martin



Orlando Bowen



Hydlo and FRIENDS Online

Studying fish

Ânischâu chischâyih timuwin
kiyâh nitûchischâyih timuwin
anitâh Eastmain sîpîhch



A new video at www.hydloandfriends.com



Visit the Eastmain River in the company of Kaweshekami Environnement technicians Timothy Moses and Robert Dumont. They explain how Cree traditional knowledge and science complemented each other during the follow-up on the use of whitefish spawning grounds.



To watch the video, visit www.hydloandfriends.com

Each month, a new video will be added to www.hydloandfriends.com. To learn more, listen to the Hydlo and Friends radio show on JBCCS. Its hosts, Luke MacLeod and Luc Duquette, discuss the environmental follow-up activities related to the Eastmain-1-A/Sarcelle/Rupert project, as well as the concerns of land users with regard to Hydro-Québec's facilities and activities.

Next show:
Wednesday, January 23,
at 8:00 a.m.



Stephane Richer and Bears

are working on their healing – both victims and those who perpetuate bullying. We want to work on both sides, to help bullies unlearn their activities, and change those into more positive activities. And we want to work with schools and communities so there are fewer victims of bullying. Because [bullying] leaves scars, and the trauma that people face can be intergenerational.”

The conference boasted an impressive array of speakers, including hockey greats Stephane Richer and Chris Nilan, along with Argonauts football veterans Chuck Winters and Orlando Bowen. Following careers in professional sports, all four athletes began working to stop bullying and violence. The line-up also included York University Professor Debra Pepler, Scientific Co-Director of the anti-bullying program PREVNet, who is considered one of Canada’s foremost experts on bullying, and Mike Neuts, a Stratford Ontario parent who lost his 10-year-old son to a bullying-related suicide.

Nicholls says they were careful to balance Canadian speakers with Crees – these included EEPF Director Reggie Bobbish, Kathleen Wooton from the CSB, and Lisa Petagumskum from the CHB speaking about the Cree SNAP (Stop Now and Plan) anger-management program for kids. Also speaking were Nishiyuu Walkers founder David Kawapit and former Deputy Grand Chief Ashley Iserhoff, both of whom spoke about being bullied when they were younger. And from a Cree Nation farther afield,

Plains Cree comedian Don Burnstick gave a workshop on bullying, followed by a performance the following night.

Intended to reach the whole community, the conference branched out beyond the Neoskweskau Complex to include two assemblies per day for high-school students (and one daily for elementary-school students) at Voyageur

Memorial School, as well as daily visits with young athletes.

It was important, said Nicholls, for young people to hear that their leaders and heroes had dealt with bullying in their own lives. “Because we knew there was bullying in sports, we had [conference participants] meet each night with

“Our ultimate goal is to make safer environments: to make safer schools, safer communities and safer workplaces. But we also want to help people who are working on their healing – both victims and those who perpetuate bullying.”



Celina Jimiken SNAP Presentation

the Cree Nation Bears. Richer and the others went to talk with them.”

Nicholls said former Habs enforcer Nilan “talked about standing up and defending people, whether you’re being bullied or not. You shouldn’t allow that kind of activity to occur around you. You have to speak up and say, ‘This is not right.’”

During the school visits, principals asked the speakers to stay and talk to individual students affected by bullying – both victims and perpetrators. Similar one-on-ones occurred in the community’s group homes, where speakers visited with kids in open custody or transitional situations and

On behalf of all

Chef Ghislain Picard, les grands chefs et les chefs de l'Assemblée des Premières Nations du Québec et du Labrador

Chief Ghislain Picard, the Grand
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Merry Christmas and Happy New Year
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 Joyeux Noël et Bonne Année

Cree-Naskapi Commission
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La commission Crie-Naskapie





Don Burnstick



talked to them about anti-social behaviour and life choices.

Importantly, the conference was intended to bring frontline workers up to date on current practices in dealing with the issue. Above all, Nicholls says that the goal of the conference was to change the public perception of bullying by encouraging people to learn more about the issue.

"We wanted to start a dialogue, and we knew that this was going to be the first of many conversations," he said. The conference was organized specifically in a way to make it as desirable as possible for the public to attend, and as widely accessible as possible. Movies, comedy and a feast on the second night were intended to draw the public in. Radio coverage meant that those who couldn't

attend during the day could listen, while the nightly events meant that those who were at work could still be a part of the event and meet the speakers.

Assessing the conference's success in reaching the public, Nicholls said he felt that most attendees would come to another conference like it.

"The people who came to the conference felt very happy with it," Nicholls said. "They learned something, and they liked the resources. Plus the stories they heard opened up within people their own experiences, and they wanted to share those. It opened the door for people to say, 'Yes, I was bullied, I knew someone who was bullied, or maybe I did something in the past.'"

The conference also benefited the schools.

"We tried a new program for Grade 5 and 6 students: we had a 'From Me to We' program about how to turn negative energy into positive leadership," he noted.

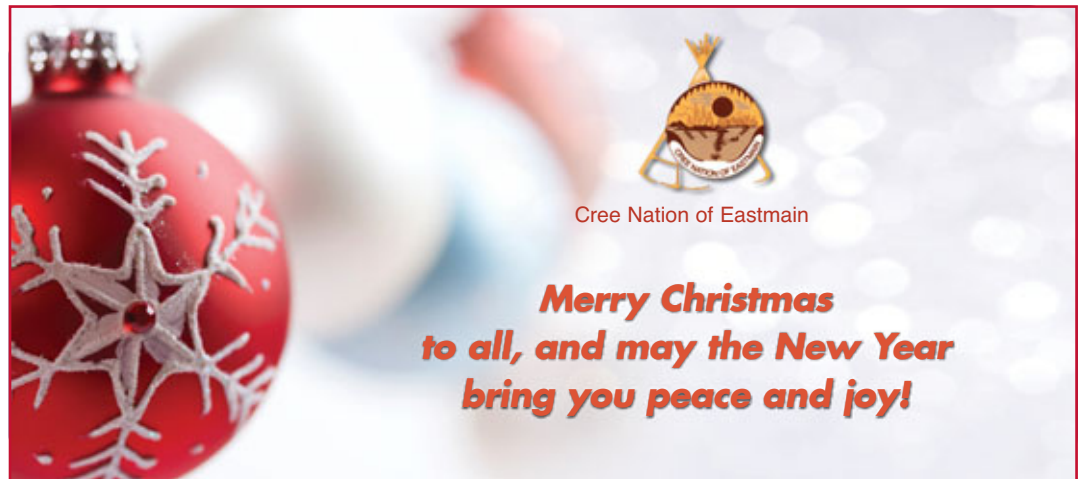
But Nicholls is quick to underline that there was a reason why the conference was called the First Cree Anti-Bullying Conference: it was intended to be the beginning of something that the Nation will have to return to again and again.

"It's going to move around," Nicholls said. "This conversation has just begun, and we want the dialogue to grow – to get the whole Nation involved. We need to set up an action plan as a Nation of how we're going to deal with bullying, and figure what it is we need to do to create an environment that's safer for our children, our workers, and our community members."

Pssst...

Have any information you'd like to share with *the Nation*? Feel like there's something the rest of the Cree Nation should know?

Well that's what *the Nation* is here for. Call us at 514-272-3077 or write us at news@beesum-communications.com and we'll look into your story. If you don't contact us, your voice won't be heard!





Christmas Comforts

Our guide to holiday indulgences

by Amy German



Hark! While hear those “angels” sing during those most cherished holiday moments, we are usually engaging in other forms of celebration, most notably in the forms of eating and drinking. As the month of December is frequently an inevitable break from calorie counting, one philosophy about indulging is to make sure every decadent bite is worth it by making sure that what you put into your mouth is incredibly delicious.

With this in mind, we decided to hit up some culinary bigwigs to make sure that our suggestions were helped make tasty holiday memories that friends and family talked about long after the get-together is over!

The following recipes were pulled from the pages of recent cookbooks: *At Home with Lynn Crawford*, *Back to Basics with Michael Smith* and *In the Kitchen with Stefano Faita*, all courtesy of Penguin Books.

Not only were these delights expertly designed but all of the following recipes have also been exhaustively sampled to ensure maximum pleasure and holiday cheer.

Chef Lynn Crawford

From Chef Lynn Crawford, the following two confections are more ideal for adult tastes, particularly as one contains alcohol. They would be great for a grown-up gathering or something for the big people to enjoy while the little ones get their hands on the other treats listed below.

Strawberry Ice Wine Float

While this is generally a summer recipe, it could be the perfect light cocktail to serve at your next celebration.

Serves 4

1 cup (250ml) finely diced strawberries

1/3 cup (75ml) ice wine

4 scoops strawberry ice cream

Champagne or sparkling water to cover

Stir together strawberries and ice wine and let sit for half an hour.

Divide strawberries among 4 glasses. Top with a scoop of ice cream, add a splash of champagne and serve immediately.

Baked Brie with Fruit & Nut Honey

“I always have lemon thyme honey on hand ready to go. I keep it in mason jars and put it on everything: with yogurt for breakfast, with ice cream for dessert, and in this case, with baked Brie for an awesome sweet and sticky snack. Be sure to pile on the dried fruits and nuts. It looks great,” said Crawford.

Serves 4

1 wheel Brie (about 8oz/225g)

1 cup (250ml) assorted dried fruits and nuts

1 cup (250ml) Lemon Thyme Honey

½ tsp (2ml) black pepper

Baguette slices

Preheat oven to 350°F (180°C).

Place Brie in an ovenproof dish and bake for 15 minutes.

Meanwhile, in a small saucepan, combine fruits and nuts, honey and black pepper. Heat over medium-low heat until warmed through, about 10 minutes.

Top Brie with honey mixture and serve immediately with sliced baguette.

Lemon Thyme Honey

Makes 2 cups (500 ml)

1 lemon

2 cups (500ml) honey

4 sprigs thyme

Using a vegetable peeler, strip rind from lemon.

Place in a small saucepan with honey and thyme, bring to a simmer over medium heat and then pour mixture into a clean, sterilized jar. Cover and let sit to infuse for 24 hours before using.



Strawberry Icewine Float

Photo by Kathleen Finlay

Photo by Kathleen Finlay



*The Community of Ujé-Bougoumou
extends its warmest greetings of the season and
best wishes for happiness in the New Year to the people
of Eeyou Istchee and to all our friends and associates
in the region and beyond.*

*May this season bring the gifts of
peace, hope and joy.*

*Merry Christmas
&
Happy New Year*

Photo Credit: Mike Power



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*Que Noël soit
pour vous et vos proches un heureux jour
et que la nouvelle année vous apporte
joie, santé, bonheur et prospérité.*

*May Christmas Day be a happy one
for you and your loved ones and may the
New Year bring you joy, health, happiness
and prosperity.*

Luc Ferland
Député d'Ungava
Member for Ungava
lferland-unga@assnat.qc.ca



*Wishing you and your loved ones,
a Merry Christmas and
a Happy New Year.*

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Chef Michael Smith

From Chef Michael Smith, two incredible sweet treats featuring the “twists” that are the theme of his new book.

Banana Rum Bread Pudding

“A simple bread pudding is one of the easiest treats to get into the oven and onto the table. It’s easy for a few flavours to tag along as well, because once you’ve mastered the basic recipe you can easily freestyle your own ideas into the works,” said Smith about this delight.

Serves 8

Preheat your oven to 350°F (180°C) and turn on your convection fan if you have one. Lightly oil a 13×9-inch (3 litre) baking dish.

To make the pudding, in a large bowl, beat the eggs. Add the milk, cream, rum, brown sugar and vanilla. Whisk until thoroughly combined. Stir in the chunky banana. It’s okay if the banana makes the works a bit lumpy. Stir in the bread cubes, evenly coating every piece with the delicious custard. Let the works rest until the bread absorbs all the custard, 10 minutes or so. Pour the mixture into the baking dish. Bake until the pudding is set and cooked through and the top is golden brown, about 40 minutes.

Meanwhile, whip the cream with the sugar, nutmeg, and vanilla until soft and pillowy.

Serve and share with mounds of whipped cream!

For the bread pudding

4 eggs

1 cup (250ml) of milk

1 cup (250ml) of whipping cream

1/4 cup (60ml) of any rum

1 cup (250ml) of brown sugar

1 tablespoon (15ml) of vanilla extract

4 ripe bananas, mashed but still chunky

1 loaf of your favourite bread, cubed

For the whipped cream

2 cups (500ml) of whipping cream

2 tablespoons (30ml) of sugar

1 teaspoon (5ml) of freshly grated nutmeg

1 teaspoon (5ml) of vanilla extract

Twist

Bread pudding started out as a simple way to use up stale bread, so don’t feel limited in your bread choices – any average-sized loaf works. Just remember, the better the bread, the better the pudding. Experiment with different baking spices, both in the whipped cream and in the pudding. Try stirring in other fruit, like apples. Nuts work well too. And of course chocolate in its many forms can sneak in – cocoa powder or melted chocolate in the batter or chips in the pudding. Your call!

Sparkle Cookies

“Every now and then you stumble onto a bit of perfection. Years ago my buddy, renowned Vancouver pastry chef Thomas Haas, introduced me to these cookies. I promptly introduced them to everyone I know – they’ve been a staple in my holiday gift baskets ever since – and now I’m proudly telling the world: these are the best cookies I’ve ever baked. Thanks, Thomas, for sharing them!” said Smith.

The following recipe makes about 60 cookies

1 pound (450g) of bittersweet chocolate, chopped

1/2 cup (125ml) of butter, at room temperature

1 teaspoon (5ml) of vanilla extract

1 teaspoon (5ml) of pure orange extract

4 eggs

1 cup (250ml) of sugar, plus more for rolling



Sparkle Cookies

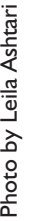
À tous ceux et celles qui sont dans l'industrie
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joyeuses Fêtes et ses meilleurs vœux pour
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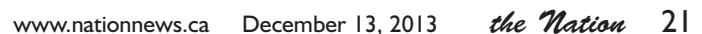


Commission
de la construction
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Pour a little sugar into a shallow dish. Scoop out tablespoons of the dough and roll them into 1-inch (2.5cm) balls. Toss the balls in the sugar, evenly coating them with sparkly bits. Arrange 1 inch (2.5cm) apart on the baking sheet. Bake for 10 to 12 minutes. They'll slump a bit and crisp on the outside but the inside will stay delightfully fudgy. Transfer to racks to cool. As soon as they're cool enough to handle, cram a few in – strictly for quali-



*On behalf of all of us at the Nation,
happy holiday entertaining!*





**Happy Holidays
and peace on earth for
the coming year!**

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CREECO  DUMAS



22 *the Nation* December 13, 2013 www.nationnews.ca



Honouring families and life First Nations suicide conference knits Nations closer together

by Amy German



Inuit throatsingers Nina Segalowitz and Taqralik Partridge

"I came here to acquire new tools to take back to my community; this is new information on how to help them and how to deal with suicide."

They came from far and wide. Some flew in from James Bay, Nunavik and the Quebec-New Brunswick border. Others drove from reserves throughout the interior. More simply hopped a bus from Kahnawake. But they all gathered for a sobering and emotional reason – to talk about suicide.

First Nations social workers, therapists, traditional healers, Elders, families, youth and anyone else whose life has been touched by this tragedy attended for the Dialogue for Life suicide prevention conference for professionals at Montreal's Sheraton Hotel November 23-28.

They included Jack Otter, a suicide prevention coordinator for the Waswanipi Band Council.

"I came here to acquire new tools to take back to my community; this is new information on how to help them and how to deal with suicide," Otter explained. "I have been learning a lot of new things and I am not the only one as there are a few others who came here with me from Waswanipi."

Otter was impressed with how well the organizers had put the event together, saying it gave him not only the opportunity for learning but also networking. He met other professionals who could bring their services to the north, an option far less costly to the community than flying Crees south.

Of greatest value to Otter were the new techniques he learned about how to conduct workshops with individuals, as



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Cree School Board
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May the Peace and Joy
of the holiday season be with you throughout
the coming year.

Merry Christmas from all of us at
the Cree School Board.

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Happy Holidays!





well as with parents who have lost a child to suicide.

"Some parents blame themselves for losing the child. But it was said that this is not their fault, that their child may have had some issues before," said Otter.

Chisasibi's Bobby Neacappo was networking with a lot of new contacts at the conference.

"I sometimes work with the residential-school survivors when they need help and support," Neacappo said. "We do a lot of traditional healing. With residential schools we lost our traditional way of life and afterwards a lot of problems started with alcohol, drugs and suicides.

"I did not go to residential school but I still drank. I don't know why, but I didn't listen to my father. After a while I found out that alcohol was no good for me."

Neacappo said his message concentrates on traditional healing through the Creator. He said that everyone has a gift from the Creator and should "understand what gift you have and why you are here, why the Creator gave it to you to live here."

Veteran Dialogue for Life board member Derek Barnaby, a suicide and family worker from the Listuguj Mig'maq community, spoke about the trends he was seeing and how they impacted the event.

While a lot of the conference focuses on youth, Barnaby said that with all of the recent Truth and Reconciliation Commission events, there have been

suicide concerns for First Nations Elders. Describing it as the opening of a "Pandora's Box," some Elders have been silent for nearly 60 years about the atrocities they endured throughout their stolen childhoods and now some are speaking out.

"For the longest time our people have been told to be ashamed of the things that have happened, like the sexual abuse or the cutting of their hair or the beatings or other harm like the psychological, cultural and spiritual abuse. This shame has come a long way with them as has the impact of it. Now they can talk about it but in this process an overwhelming sense of emotion, fear and anxiety has emerged and many of our people don't know how to respond to it. Our coping mechanisms for this are not as great as we would like them to be and suicide is a coping mechanism to get rid of your pain," said Barnaby.

Many of these individuals face cultural dilemmas in trying to reconcile their pasts, he added. They were forcefully instructed to reject their own culture in childhood and many experience great difficulty when it comes to embracing traditional healing.

"Things like the singing, the dancing, sweat lodges and sweet grasses, these are the things we see as part of our culture. But, because of what they have been taught they are in conflict when it comes to what they feel they can accept and those conflicts put them at risk. Now we are starting to find that many among the older generations are slowly

taking steps towards reclaiming their cultural identity," said Barnaby.

For Thelma Nelson, the director of Dialogue for Life, said many attendees approached her to tell her about the impact the conference was having on them.

"They are saying that they are getting so much healing and this is what we need and want," said Nelson.

According to Nelson, because the conference is now getting some of its funding through Health Canada under the new National Youth Prevention Strategy, much of the programming was directed at the youth to give them tools for mental health throughout their lives.

"Many of the youth who I have met have told me the same thing. They say that adults tell them that they are the future leaders, but some told me that they don't know what to do because nobody is teaching them. This is sad, how can you tell someone to take over when they don't know what to do in order to take over," said Nelson.

Having worked for the event since 2007, Nelson has seen an evolution over the years. People from many First Nations now come together while in the past they stayed in separate corners and associated only with those from their communities.

"We are all here for healing; we meet new friends and enjoy the company of old friends. Together we laugh, cry, heal and dance," said Nelson.

Summer reading camps succeed

First Frontier College program data show positive literacy results

by Amy German



"Towards the end of the camp they started taking out more books because they were really comfortable, they knew that they could touch them and that they were there for them."

"My grand-girls Chenille and Elisha were reading the books that they brought home. They were reading to their baby sister. It will help them in their education."

Over the course of four weeks last summer 418 children took part in literacy camps run by Frontier College and the Cree School Board. As a result, 418 kids went back to class in September with stronger literacy skills. Programs in all nine Cree communities combined reading with language and learning games, cultural activities and a great deal of physical activity.

According to Frontier College spokesperson and program head Mélanie Valcin, the main goal of the camps was to prevent summer reading loss. The college's final report demonstrates the programs more than succeeded. Recently tabulated results show that children in the summer program didn't just read the required reading amount – they surpassed it significantly.

Valcin pointed to research that indicated that children should read about five books over the summer months to maintain their comprehension skills. Those who participated in the Frontier College programs read an average of nine books over the month-long exercise.

"Often children will finish a school year with one reading level but if they don't read or write at all over the summer they will return in September having lost the learning equivalent of one full school year," said Valcin. "We were trying to reduce the incidence of that by offering very rich and fun programming over the summer that includes reading and writing as well as other programming that is conducive to learning."

Each child participated in 15 cultural activities, 26 literacy activities and 65 physical activities, filling the days with learning and fun.

According to CSB Director of Schools Kim Quinn, Frontier was chosen for this project because of the college's experience with Aboriginal communities.

Frontier College was founded in 1899 and has worked with Aboriginal communities for the last 40 years.

"I heard only positive remarks from our campers, parents and counselors who participated, which says this first camp was a success," said Quinn. "We are looking at it again for the summer of 2014 with slight improvements, mainly with the intention of welcoming more students."

Quinn said the Cree School Board had been interested in establishing summer reading camps after a 2008 resolution to this effect by the Council of the Commissioner. The goal is to help students read to their grade level in both their first and second languages.

"This camp was partly to pursue this end and also to develop a love of reading for our students. Success in literacy is a shared goal among all in the Cree School Board: the council of commissioners, management and schools," said Quinn.

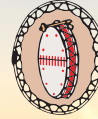
The curriculum for the Cree communities was developed after Ontario's then Lieutenant-Governor James Bartleman requested in 2005 that the camp program be founded for Native children in Northern Ontario.

"At the time, we were working in five different communities in Northern Ontario and the success of it was just amazing as the kids loved it, the community loved it, the families loved it and the counselors loved it. So, from the original five communities we have expanded the program to 84 communities across Canada," said Valcin.

According to Valcin's report, every parent said their child was more prepared for school as a result of attending camp – and that they would have their child participate in the camp again.

One Waskaganish mother's letter to Frontier said she was "happy that my





Christmas is a celebration of family, friends, communities and it is our hope for everyone the best to come in the new year.

We wish everyone in Eeyou Istchee a happy holiday season and are thankful for the respect, love, compassion and other traditional values that our Elders and families have given us.

This holiday season, we remind everyone to be responsible and safe when celebrating with family and friends. It is the best way to bring in the New Year.

Merry Christmas and a Happy New Year to all.

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*Happy Holidays and
best wishes for the New Year.*

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daughter was selected to participate in the literacy camp knowing that the community rarely has had these kinds of summer camps in the past. Every morning my daughter was always eager to attend the camp and said that it was always fun at the end of the day. For example, she has shared with us new songs that she learned from the camp. I would have to say that her learning skills improved a lot."

A Waskaganish grandparent said the camps even benefitted children who were too young to attend. "My grand-girls Chenille and Elisha were reading the books that they brought home. They were reading to their baby sister. It will help them in their education."

The camps also created a small youth employment boom as 18 local staff hired to help run the program. An additional 20 staff were hired from the south.

According to Concordia Creative Writing student Jade Adams, who worked in Oujé-Bougoumou, the counselors adapted the program to the needs of each group as Oujé only had a class of about 30 kids participating, ranging in age from 6-12.

"We did a lot of drawing comic books and so for the younger children this would mean drawing and then we would help them with a few words and the older kids we would encourage them to do more than one page, to set up where the story was taking place and come up with a title," said Adams.

Over in Mississauga, Amanda Quinn said that it took a while for the kids in her group to get used to the program as many of them initially confused the counselors with teachers. Through structuring the classroom differently, a little redecorating and using different kinds of learning games, Quinn said that they were able to give these children a different kind of a learning experience over the summer.

"Towards the end of the camp they started taking out more books because they were really comfortable, they knew that they could touch them and that they were there for them. Before some of the literacy games in the beginning they were too intimidated to touch these books," said Quinn.

Congratulations to all
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*from the Department of
Professional Development CSB*

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McGill

GRADUATION- CERTIFICATE IN ABORIGINAL LITERACY: CREE

A program offered in a Partnership between the Cree School Board & McGill University

On Saturday October 26, 2013, there were 52 students from the Cree communities, who graduated from the **Certificate in Aboriginal Literacy: Cree**, from McGill University. The group was the 4th cohort of graduates since we began the program in the early '90's. The ceremony took place in Val-d'Or at the Belvedere Golf Club. At the beginning of the ceremony, the class from Waswanipi and their instructor, Louise Cheechoo paid tribute to the late Martha Dixon. Martha was also a Cree Literacy Instructor who taught with Louise until she became ill and passed away on August 22, 2013. Late Martha's husband Bobby and daughter Amanda, were present to assist Louise in handing out the diplomas to the Waswanipi Graduates and received late Martha's Instructor's plaque of appreciation.

Out of the twelve students who started the Cree Literacy program in Waswanipi, every one of them graduated. We thought it would be fitting to get the valedictorian from that group. Since there was only one male from in that group, he was recommended to be the valedictorian. He did not disappoint us and gave an emotional and heartfelt speech. He had people laughing and crying.

Sarah Mark-Stewart, an educator and a graduate of the first co-hort of Cree Literacy Program was the emcee. Sarah did a superb job. Sarah is now a Cree Language teacher in Ouje-bougoumou.

Ruth Salt, a former Cree as a Language of Instruction Teacher and Consultant for Cree Programs and Instructional Services was the Keynote Speaker.

Ruth has been involved in Cree Education for over forty years. She gave a resounding speech about the importance of our language and culture. She is also one of the instructors for Cree Literacy Program in Waskaganish.

Five students were on the Dean's Honour List. They were Rachel Marie Hester from Waskaganish, Helen Martin, Rita Mianscum and Stephanie Otter from Waswanipi, and Natalie Mark from Wemindji. The Deans Honour List is the top 10% of the Fall 2013 Graduating Class from McGill University, of all graduates in all programs.

The Certificate program is offered in each of the Cree communities in a partnership program between the Cree School Board and McGill University. The Certificate consists of ten courses. Each course is fifty hours long and is given in two twenty-five hour sessions. The graduating co-hort began the program in 2010. The first four courses are compulsory and have to be taken in succession. The other six are elective courses such as Cultural Skills, Computer and Technology using the Cree font, Oral and Family History, Traditional Cree Medicine, Storytelling, etc.

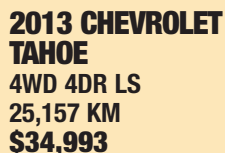
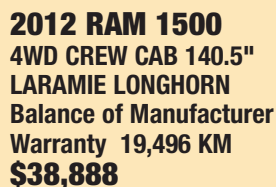
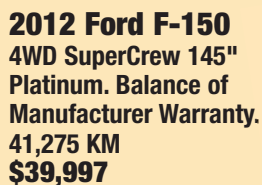
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Protecting the communities

A new Cree firefighter crew reports for duty

by Akiva Levitas

With proud family members and instructors in attendance, a group of 15 Cree firefighters and trainers received their certification at a celebration dinner at the Hilton Lac Leamy in Gatineau on December 3.

Grand Chief Mathew Coon Come presented the certificates to graduates from all nine Cree communities along with Benoit Laroche, the director of operations and registrar for the École nationale des pompiers du Québec, and Leroy Blacksmith, Regional Fire Marshall for Eeyou Istchee.

"There was a dream that our leaders had. It was a dream to build our communities. To be able to build our institutions," Coon Come said. "And in building

our communities we should be able to have our own people trained to assume the responsibilities and take a personal career choice."

The job of a firefighter is not without its sacrifices, as these men and women must put themselves in harm's way in order to protect their communities. "As I'm sitting here, reflecting, thinking about all of the hard work you people have done. What you've gone through," Cone Come said. "I remember when we adopted the fire protection model. We wanted to assume the responsibility to train firefighter personnel, setup our fire departments, and be able to construct our facilities in the communities. Our aim was to have 100 fire chiefs by 2015.



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We have 26 certified fire chiefs at the moment, which is certainly a cause for celebration."

Although there were several graduates who are over 40, most are a younger generation of firefighters looking to embark on a career in public service. "There are different stages you have to go through. It took quite awhile to complete them," said newly certified Waswanipi firefighter Darren Saganash.

Becoming a firefighter requires a certain level of commitment to the community, which was the driving force behind the men and women of the Cree Fire Department. "I like to help people and be involved in my community which is why I chose this type of work," Saganash added.

Though there has been much progress toward the establishment of a Cree regional fire service, there is still a long way to go to meet the goals set for 2015. Blacksmith, who was certified 10 years ago in Alberta, knows how far the program has come.

"For a graduation like this, it's touching and motivating for the Cree Nation to know that we have more certified firefighters," said Blacksmith. "I'm really proud of the graduates and all of their hard work and time that they put into this certification. We have another group that will start in January 2014 that will add another 36 firefighters to the department."

The only requirement to join the firefighters training program is to be over 18 years old, with men and women being



encouraged to join up in order to help make Eeyou Istchee a safer place.

"It does not take muscle. It does not matter how tall, how small, how big or how slim you are. All you need is to gain the experience by practicing. By working as a team, a big problem can become much smaller," Blacksmith said in a message to potential recruits.

Graduates from the ceremony

Wemindji

Gregory Visitor
Derek Mark
Lindy Georgekish

Waskaganish

Vincent Beauregard
Wilfred Salt

Chisasibi

Ronald Sealhunter
George Napash
Henry Cookish

Mistissini

Tracy Iserhoff
Justus Coon Come
Ryan Gunner
Paul Matoush

Nemaska

Clarence Jolly
Thomas Wapachee

Waswanipi

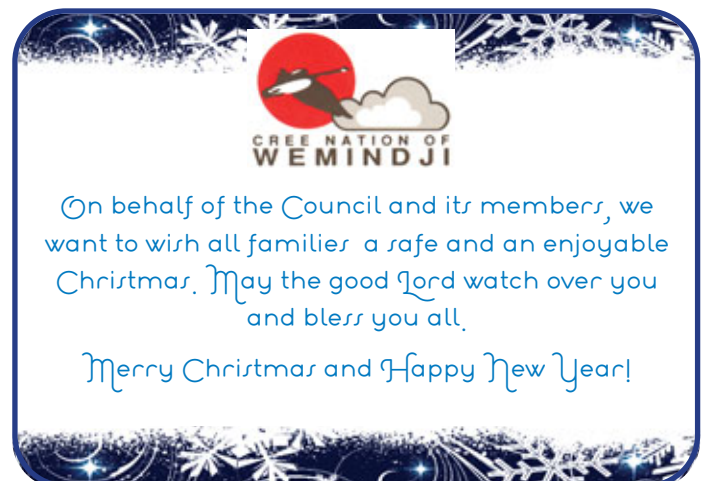
Darren Saganash
Vincent Blacksmith

Instructors recognized

George Cox
Timothy Stringer

Past Graduates

Charles House
Brian Atychnia
Michael Snowboy
Lee-Roy Blacksmith
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For further information contact:

Karl Côté
Cell. 514.207.1230
kcote@sanexen.com

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Happy holidays and see you next spring!

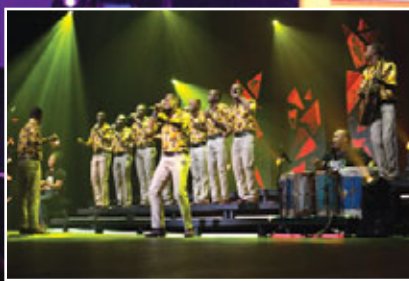




Passionate youth

Young people can make a difference

by Akiva Levitas



Thousands of students packed downtown Montreal's St. Denis Theatre November 25 to share stories of triumph over adversity and enjoy performances by artists and dancers.

The We Day 2013 event featured performances by Sam Roberts, Neverest and the Kenyan Boys Choir, among others. The annual happening had humble beginnings as an initiative of the youth-driven charity Free the Children co-founded by Craig and Marc Kielburger. The movement now comprises over 2.3 million children who have taken the steps to make their world a better place starting with their local communities.

"When we started Free the Children all those years ago volunteering was the most uncool thing to do," Craig said of the evolution of the youth movement, "and I love seeing now theatres full of screaming passionate young people.

Where it is not only cool to care but they know it's possible that they can make a difference."

Hosted by television hosts Malik Shaheed and Diandra Grandchamps, the day began with an address from Martin Luther King III, who spoke on the importance of education. "It's like the Grey Cup of doing good except everyone scores a touchdown and everyone celebrates," Craig said of the atmosphere.

Former Deputy Grand Chief Ashley Iserhoff shared the inspirational story of his younger brother Matthew, who had lost a limb as child but pushed through and became an award-winning musician.

"When my young brother decided that he won't allow for his circumstances to bring him down, he rose up," Iserhoff told the audience. "Whatever you may be going through, wherever you may be going don't ever allow the circumstances

to dictate what you are capable of doing."

Participants also heard from Spencer West, a double-amputee who climbed Mount Kilimanjaro on his hands, and Mylène Paquette, the first Canadian woman to cross the Atlantic on a solo voyage. Bob Marley's granddaughter, Donisha Prendergast, shared the inspirational lyrics of One Love with the youngsters.

For six years We Day has inspired youth to get involved in their communities. Although it's only a small part of the We Act Initiative, participation at We Day leaves a lasting mark by motivating students to make a difference. And what a difference they made, with over \$37 million raised, 9.6 million hours volunteered, and four million pounds of food collected all because youth were inspired to take action.



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"The feds refused to do anything," said Angus angrily. "We had no place to put the homeless. So that temporary solution became permanent, and it was only a matter of time before something happened there, because it's just not fit for long-term habitation."

More suffering for Attawapiskat

A fire in "temporary" housing modules leaves up to 80 homeless

by Jesse Staniforth

Attawapiskat's luck refuses to change. In late November, the late-fall storm that pounded many communities of Eeyou Istchee wiped out power to the beleaguered Mushkegowuk Cree community on the West Coast of James Bay. In the power outage that followed, a candle set off a fire in the complex of connected trailers that house several dozen residents.

For many, Attawapiskat is synonymous with crisis and despair. In 2009 the community was evacuated after it was flooded with sewage. Two years later the community's severe housing crisis captured national attention that led to the arrival of the International Red Cross.

Charlie Angus, the NDP MP for Timmins–James Bay, said the trailer complex had long been considered a potential firetrap. "I'm just so glad nobody was killed," Angus added.

Angus explained that the fire spread though a series of connected construction trailers arranged in a large H pattern. "There's a single kitchen for all the people, there's about six toilets, and then these little sort of holding cells," he said.

The compound was intended as a temporary housing solution, using trailers repurposed from the De Beers diamond mine after the 2009 sewage flood destroyed local homes. About 100 community members were left without shelter.

"The feds refused to do anything," said Angus angrily. "We had no place to put the homeless. So that temporary solution became permanent, and it was only a matter of time before something happened there, because it's just not fit for long-term habitation."

The community declared a state of emergency November 30. The next day between 70 and 80 people left homeless by the fire were flown to nearby Kapuskasing, where they will be housed in hotel rooms.

Angus says the fire demonstrates the need for the federal government to provide new permanent housing, but he worries that won't happen.

"The trailer wasn't burned down," he said. "There's smoke damage and fire damage. We don't want people being moved back in there. That's our worst fear: the government is just going to give them a little bit of money or tell the community to mediate the smoke dam-



Charlie Angus, the NDP MP for Timmins–James Bay

age and put a new paint job on, and people will be going back into a place they shouldn't have been in in the first place."

Those who have seen Abenaki filmmaker Alanis Obomsawin's documentary *The People of the Kattawapiskak River* may remember the complex, which is featured prominently as an example of the cramped living conditions locals were left with following the 2009 sewage flood.

The holiday season is a time for us to reflect upon the many gifts that we have in our lives. Now more than ever, our thoughts are directed toward those who have helped us to move forward and progress. In the Spirit of the holidays in mind, we would like to wish you, your family and your friends a Merry Christmas and Happy New Year!

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“We have over 80 in the trailers,” said Angus. “People remember we got the emergency trailers to get people out of tents, but we still have a huge amount of people who are living on their mother’s couch, people sleeping in shifts, homes with black mould – there’s a huge backlog in all the James Bay communities for housing.”

“They have really gone out of their way to trash the Chief, to blame [her] for

"Attawapiskat has a lot of people wanting to move forward," he observed. "But you can't move ahead if the infrastructure's crumbling around you. So I'm asking the government not to fight with the community, not to do the blame game, just to sit down and say, 'We all know this is going to be a complex issue, so why don't we look at some creative solutions?' That's what reasonable people would do."

Merry Christmas and Happy New Year to all.

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A canary in a coalmine

Montreal artist Carolina Echeverria inspires hope for social justice

by Xavier Kataquapit

There are many great Aboriginal artists past and present in Canada. I am amazed at the natural talent we Native Canadians have when it comes to creativity.

One of my favourite artists is Norval Morrisseau, an Anishinaabe from the Lake Nipigon area in northwestern Ontario. Known as the “Picasso of the North,” Morrisseau has a special place in my heart because his paintings are so powerful and connected to the land and creatures of Mother Earth.

I was excited when I discovered that Montreal artist Carolina Echeverria had developed an exhibition of 30 paintings

and three installations inspired by Morrisseau’s distinctive style. Titled *Native Immigrant*, Echeverria’s exhibit is a labour of love that she, as an immigrant from Chile, has connected to Morrisseau’s visionary and shamanic artwork.

In her work, Echeverria has fused her own style and the influences of her life in Chile with Morrisseau’s bold, colourful art to produce some powerful visions in order to give Native immigrants a voice in this country.

Love and a life partner drew Echeverria to Canada in 1986 and although she was apprehensive over

leaving her family and home and moving to a new country, she put her faith in her belief that people everywhere operate on a basis of goodness and inclusion. She was not disappointed and quickly began to develop as a mother, activist, artist and storyteller. She also improved her English and learned to speak French.

Echeverria’s experience of the dark period in Chile’s history during the military dictatorship of Augusto Pinochet, provided her with the knowledge, strength and commitment to give a voice to immigrants, minorities and the disen-



Bilingualism by Carolina Echeverria, 2012

franchised here in Canada. She is like our canary in a coalmine when it comes to identifying signs of weakening in our democracy.

As a Canadian and a Quebecer for almost 30 years she has blazed a trail to develop as a visual artist who has exhibited across Canada and internationally. Echeverria has been featured far and wide in the media, including a two-year stint with CBC, and she is also an art professor.

With her *Native Immigrant* exhibition, Echeverria connects many peoples in a style heavily influenced by Morrisseau. Her art is bright, colourful and extremely powerful. The images challenge you and make you think. With her paintings she strives to create a visual language of who we are and encourages us to imagine a collective and inclusive future for Canada based

on a sense of community and not merely nationality.

Although a sensitive and warm person, Echeverria is not afraid to tackle controversial subjects, especially ones dealing with discrimination, racism, bigotry and any form of intolerance.

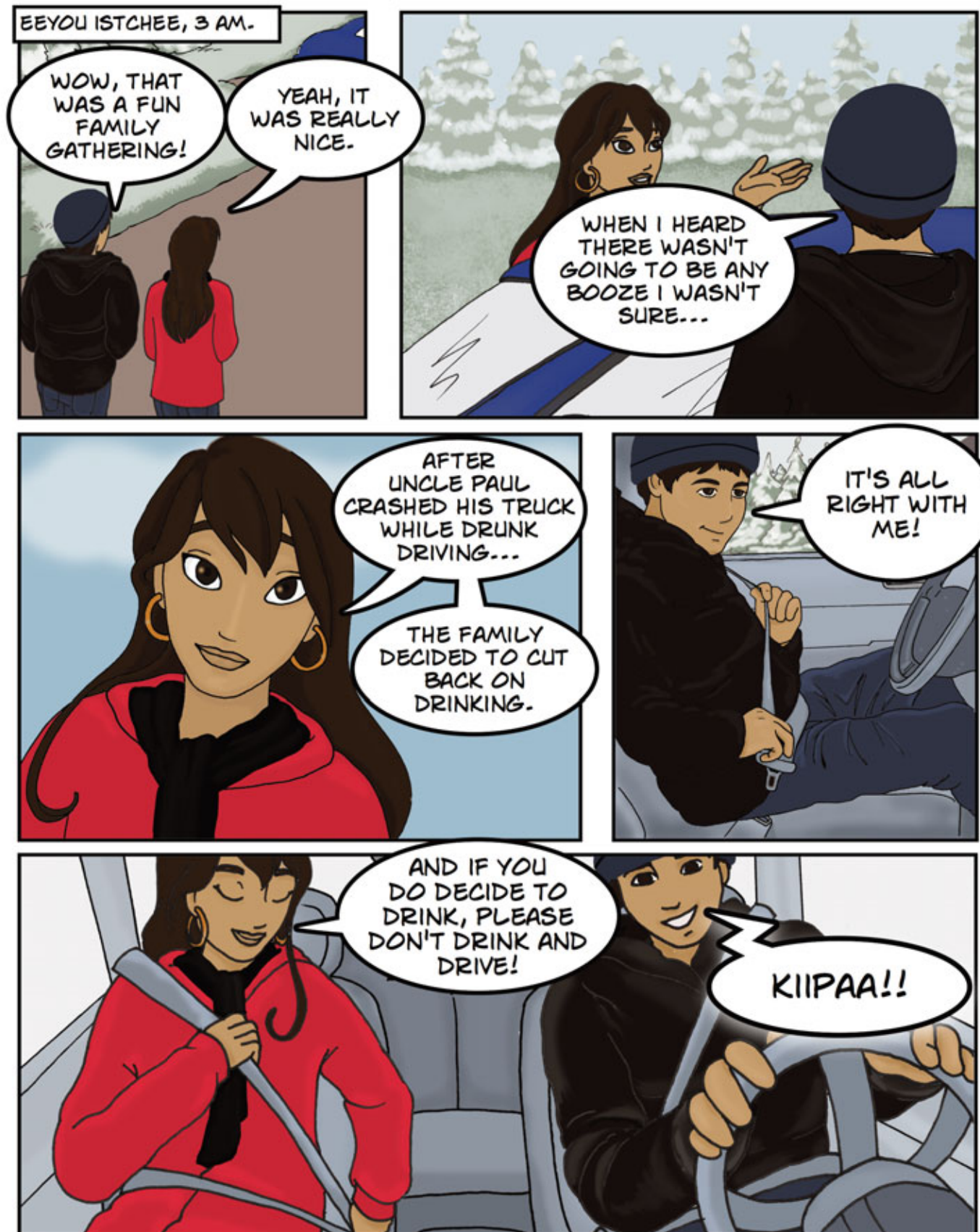
As part of her exhibit she has provided opportunities for everyone to have a voice and to participate in the creative process. A piece titled *Immigrant Dress* poses a naked mannequin planted in a pot of indigenous earth, awaiting those who want to participate in a collective and creative dressmaking process. The idea is that people will bring and donate objects of sentimental multicultural value. She is hoping that this interaction will allow for conversations about immigration and connections among Native immigrants.

She has also provided a large painting/mural that will feature input by exhibition visitors as a work in progress dedicated to creating awareness and conversation around the controversial Quebec Charter of Values.

As an artist, activist and environmentalist, Echeverria carries a torch for all of us who feel strongly about intolerance on any level and the wanton destruction of our land, rivers and lakes. She hopes to inspire us to stand up and speak out.

Her support of First Nation causes is stronger than ever in this exhibition. As a staunch believer in the Idle No More movement, Echeverria has produced a poster and dedicated a portion of the profits of her *Native Immigrant* exhibition to this deserving group.

For information on Echeverria's exhibit, go to www.carolinaecheverria.ca



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you a safe and happy holiday season!**

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"If people are isolating themselves and are talking about suicide, these are the warning signs that you need to be closer to that person and ask them what is going on and if they need to talk to someone."

Beating the holiday blues

Strategies to keep your spirits up this holiday season

by Amy German



While the holidays are hyped as a time for tidings of comfort and joy, there are those who tend to get a little down during the Yuletide season and then those who slip into severe depression.

But just what is the difference between the two and when should someone get help? *The Nation* turned to Gerald Kroetsch, a psychologist who works for the Cree Board of Health and Social Services of James Bay, for advice

Nation: *While the holiday season is supposed to be all about joy, why can some feel more down this time of year?*

Kroetsch: You have to look at why there is so much pressure and why we get caught up in it. There are three main reasons behind it. Relationships are the first as there are all kinds of different things that happen there,

conflicted relationships and being alone.

The second reason is the finances as we spend too much and then there is just the straight physical and psychological demand of the holidays as it is a very charged time. There is a lot of running around, whether it is shopping, cooking, going to activities or having people over, all of these things are very demanding and so there is an extra stress load to carry at this time.

Then there are those who may have lost someone over the course of the past year and so Christmastime may be more difficult as it is usually family-oriented. If we have lost someone, some of those acute feelings can come back. It's very appropriate to have those feelings and to acknowledge them, let them be there and work through them. This can however make things more difficult and this is a reason as to why this season gives us a lot of pressure and taxes our capacities

to manage. It is a taxing time and if we have any vulnerability, in terms of sadness or depressive feelings, it is just going to add up and make it more difficult.

N: *What about the lack of sunlight that happens at this time of the year, how does this affect people's moods?*

K: A lot of people emphasize the reduction of light as a cause for depression. The shortest day of the year is December 21, after which it starts to grow by one minute each day and eventually we come out of it. Just going outside if there is sunlight is beneficial as is one of those full spectrum lamps.

This can play a significant role as some people are affected more by it than others. Sometimes taking a vitamin D supplement can be a good way to replace the sun during the winter.

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N: What are the signs that someone might be depressed?

K: Some people just get what we call the blues, which is a mild kind of a temporary mood drop, but it doesn't last very long.

Because of the stress of Christmas and our hopes for the holidays, we want everything to be perfect and everyone to be happy. Thinking that way isn't realistic, so we really have to look at what our expectations are.

Between the blues and depression, the latter is more extensive and includes a very depressed mood, not a lot of energy, a lack of joy in life and a lack when it comes to both sleep and a desire to eat.

With depression you get the three "nesses" – hopelessness, helplessness and worthlessness. These things are all enduring in the sense that they have to be there for a couple of weeks before you can talk about a major depression. Your functioning also becomes impaired in the sense that you have trouble thinking rationally and your memory suffers. You can really exacerbate these conditions with lack of sleep, excessive drinking and holiday-related stress.

This is the difference between a temporary mood drop and a serious depression.

N: At what point should you really be concerned?

K: Let's look at what you can do to deal with that stress. People don't want to get exhausted. If we get exhausted or over-booked, we are running all over the place all of the

time, we get cranky and irritable and conflict just grows from there. Getting adequate sleep and eating properly are basic ways to improve things. This means avoiding too many sugars and carbs, eating more protein, exercising and getting outside for 20 minutes per day. These things can be done on our own or with someone else that we really want to be happy with.

N: What about alcohol, what role does that play in this?

K: There is lots of incentive to drink more over the holidays as the alcohol is flowing. But alcohol is a depressant and is the last thing we need to manage our problems. It may give some of us temporary relief, but we end up feeling sadder or feeling sorrier for ourselves.

We are more impulsive and aggressive under the influence, and suicidal things can happen at that time and so there is a big caution on the drinking.

There's a myth that suicides are more popular during the holiday season, but it isn't true. In fact there are less. There are more actually during the spring or the summer.

There is more family around during the holidays and so there is more support. But if people are isolating themselves and are talking about suicide, these are the warning signs that you need to be closer to that person and ask them what is going on and if they need to talk to someone.

If you are worried about someone, you may want to listen to what they are saying and see if there is any kind of (suicidal) ideation or plan. Anybody

can ask. The warning flag might also go up a bit more if the person has attempted suicide in the past or if someone close to them has committed suicide in the last year.

You need to be aware of this and also watch the person and stay with them and be in touch with them. You have to be aware and be with them. You can't just pass them off.

If you want to explore it more, it will seem like this person has found the solution to their difficulties and all of a sudden they are much happier and more at peace. That is a thing that can be missed. They may also tend to give away their things in a way that they may be tidying up their own affairs.

You have to explore this kind of behaviour with them.

N: What can you or should you do if you suspect that this is going on with a loved one and you personally don't feel equipped to deal with it?

K: This person will need to have some kind of assessment and this is usually done through the clinic or a psychologist can also do this (though there may not be one around during the holidays). A doctor or nurse can do a preliminary assessment and the police can also intervene to protect the person. There are the hospitals in both Chibougamau and Chisasibi that can get a lot of traffic for this and even a local minister or Elders can be helpful when someone is in need.

These are all resources and ones that you should not hesitate to contact if you or someone you care about is feeling down.



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Cree Nation of Mistissini
187 Main Street, Mistissini, QC, G0W 1C0

Please send résumés accompanied by a letter written in English outlining your motivation for seeking this position and commenting on the particular strengths that you feel you can bring to the role.

Informal, confidential enquiries may be made by contacting:
Chief Richard Shecapio at chief@mistissini.ca



Rabbi Schachar Orenstein and Wally Thomas

The lost tribes

Bringing the Jewish and Aboriginal communities closer together

by Akiva Levitas

First Nations and Jewish communities each have an interesting history. At the start of European contact many Jews believed that the First Nations were descendants from the lost tribes of Israel. As the relationship progressed through the centuries, however, many Jews began identifying with the plight of Native Americans due to the marginalization of both peoples.

In recent years there has been a resurgence of interest in Native American rights amongst Jewish communities across North America. The Montreal Jewish community is no exception and with the recent Idle No More protests they have begun educating themselves on the plight of contemporary Aboriginals in Canada and the United States.

In Montreal on November 3, Rabbi Schachar Orenstein, an orthodox rabbi for the Spanish and Portuguese Synagogue and co-founder of the environmental group Teva Quebec, gave a lecture at the Le Mood conference on eclectic Jewish learning. An

Aboriginal activist from Rapid Lake, Wally Thomas, brought it home to the audience as the face of someone who lives in the realities of First Nations communities.

Working through Teva Quebec, Orenstein organized a cultural exchange in order to help out the First Nations community of Wemotaci in the wake of the forest fires last year. Prior to heading north, Orenstein held a cultural exchange so that Montreal youth could meet members of the Kahnawake Mohawk Nation. When the Idle No More movement gained momentum, the name struck the rabbi because of the Jewish bible verse in Leviticus 19:16: "Do not stand idly by while your neighbour is dying."

The point of the lecture was to get the Orthodox Jewish community talking on the subject of First Nations land rights. "We have in the Jewish tradition a teaching that says that a good deed done through a transgression should not be done," Orenstein explained. "This raises the question whether we

should be praying with paper that may be coming from stolen sources."

This question poses a conundrum for the Orthodox Jewish world because many of the prayer books are printed in North America. In other words, the paper comes from the wood grown on land stolen since the first European contact.

With the help of Thomas, Orenstein was able to deliver the message that First Nations are still having their resources drained from under their feet. "As for the lands being stolen, they had to have been," Thomas said. "We've been pushed in such ways. Away from our old way of living, we were forced to go into a certain way. Yeah, our ancestors got their land stolen, no doubt about that."

Faith plays a huge role in many lives. When different groups connect for the common good and to learn from one another, the hope for a better future will burn brighter.



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Grand Council of the Crees (Eeyou/Eenou Istchee)
Grand conseil des Cris (Eeyou/Eenou Istchee)



Days of wine and whiskey

This year's annual wine and spirit show was a barrel of fun

by Will Nicholls

Day One

It was proud, it was loud and what a crowd at this year's La Grande Dégustation de Montréal held November 8-9 at Place Bonaventure. This annual exhibition is a spiritual event for anyone looking for a new flavour to impress friends and family over the holidays. This is an educational opportunity for those who have spent good money for a special bottle but were disappointed with their purchase of wine or spirits. This event provides an opportunity to taste the product without having to buy the bottle. With nearly 200 producers from across the planet, there was a lot to sample.

Event organizers did their best to point you in the right direction. This year saw a panel of 14 experts judging Chardonnay and choosing the 10 best. The top Chardonnay according to the experts was Kendall-Jackson at a reasonable \$22.15. Following that in order were: Folie A Deux (\$24.05), Ravenswood Vintners Blend Chardonnay (I liked it and it costs \$18.55), Rodney Strong Vineyards (\$25.70), Hahn SLH Estate. Migration (\$21.15), Chateau Saint-Jean, The Dreaming Tree Chardonnay, and in 10th spot is Stoneleigh (\$18). The ones with no price are not in Quebec yet.

Two of the most interesting wines I came across were Freakshow and 88 Points, both from the Michael David Winery in California. Freakshow is an interesting wine and quite enjoyable. The label drew me in, but the taste made me ask for seconds. 88 Points was more of a fruity or berry-like taste and it exhibited the same satisfaction as a good five-course meal. More popular in Quebec is their 7 Deadly Zins at \$24.40.

Two wines that come to the forefront when eating game or red meat are Pepperwood Grove (Merlot is \$17.20 and the Cabernet Sauvignon at \$16.95) and Trinchero's The Show (\$19.95).

Day Two

As the holiday season rapidly approaches, we think about what gifts may come our way or what we may bestow on others. Cold winter nights are more frequent than not, and we stay indoors seeking some warmth to vacate the chill that has found a place in our bones. Like Christmas, Montrealers can enjoy the annual wine-and-spirit show where winemakers and distilleries try to convince us that their wares will be the ones that create holiday memories. This year, we found comfort in old friends.

Entering the Place Bonaventure convention hall, we were warmly embraced by the standard batch, the

single barrel, a honey, and winter edition of Jack Daniels. The latter two were too sweet for having straight up, but that is not to be said for the standard or single barrel.

At the same company booth was Woodford Reserve, a smooth higher-end product usually taken straight or on ice. The representative delighted us with a holiday treat of taking some Chambord raspberry liquor and combining it with Woodford and ice. The Chambord is known to enhance anything with ice cream or chocolate, perhaps even that late-night hot chocolate on Christmas Eve.

The next stop on our Christmas pilgrimage was a visit to the Jim Beam family, and never has southern hospitality been so warmly received. The Beams showcased their new product called Devil's Cut, which was surprisingly smooth despite its name. Not to be outdone, and coming from the same family, is the Makers and Knob Creek labels. The representative



boasted of having the best old-fashioned cocktail in Montreal, so we watched as he put ice, simple syrup, Makers and a marinated cherry together. He was not wrong. A warning to those who like cherries, this one had been aged two months (cask strength), and one bite felt like a hammer blow to the head and liver simultaneously – so better left for simple flavour or garnishing.

The company took great pride in telling us that 80% of the casks they use to make their bourbon whiskey are shipped to Scotland to be used for aging scotch whiskey. However, it is Irish whiskey from the Cooley family that they are most associated with. Kilbeggan is one of the best sellers worldwide, and competes at the level of Jameson's. The step up the whisky ladder, and one that has won the most awards to date, is the Tyrconnell. Finally, for those who like peat, Connemara provides the familiar earthy and lingering satisfaction of a quality spirit.

To finish off the day, we visited the Macallan family of scotch whiskey. This popular distillery is known for its 12-year-old and 18-year-old, while con-

noisseurs with deeper pockets can enjoy a 25-year-old. Macallan was there to introduce its new line: instead of going with ages on their scotch, the

from the US or Europe. So they have found other ways to present their scotches.

"A warning to those who like cherries, this one had been aged two months (cask strength), and one bite felt like a hammer blow to the head and liver simultaneously."

company offers colours – Ruby, Sienna, Ambrose, and Gold.

Some Macallan lovers stopped by and engaged the company representative in a lively discussion over this new approach to scotch. They simply asked how do we determine the age of the scotch now. The company responded that they have taken the constraints off the scotch maker to allow the flavour and colour to determine the quality, and not an age on the bottle. They said that there was a difference in the aging depending on casks, whether they

They understand that the die-hard scotch drinkers will not likely understand or appreciate the new system, but stand behind the quality of the beverages. The issue is that the categories of scotch are still set at a high price level as they would if the ages were included. Who will pay for 25-year-old scotch made at an indeterminate time, and with potentially limitless supply? The uniqueness of good scotch and pricing is usually the time in preparation, and like wine, often a limit in quality.

**On behalf of the staff at
Beesum Communications, we would like to
wish you and your family a safe and joyful
Holiday Season!**





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Cree Regional Authority
Administration régionale Crie

CAPITAL WORKS & SERVICES DEPARTMENT

The **Capital Works and Services Department** of the Cree Regional Authority recently engaged the following people and it is with great pleasure that we extend a warm welcome each to the team. The Cree Nation of Eeyou Istchee will benefit greatly from their knowledge, expertise and will be a definite asset to the Cree Nation and in their respective positions.



David Tordjman, ing.

Mr. Tordjman is engaged as Coordinator of Engineering Services of Montreal CWS Office. He is responsible for implementing the Cree Regional Authority's (CRA) responsibilities assumed pursuant to the

New Relationship Agreements (NRA) with Canada and Quebec, relating to the implementation of the JBNQA regarding essential sanitation services in each community.

David's experience and expertise;

- ◆ Bachelor of Engineering of a civil engineer
- ◆ Graduate of University of Ottawa
- ◆ Member of Orders of Engineers of Quebec
- ◆ Extensive experiences as leader and possess experience in technical operations relating to the Engineering field
- ◆ Received 2 awards;
 - ◆ Order of Engineers of Quebec –Recipient of the Order's Award for Exceptional Social Involvement
 - ◆ UNOPS (United Nations Office for Project Services, Haiti Operations Center) Award for Project of the year.



Rachel Martin

Ms. Rachel Martin is Mi'gmaq, member of Listuguj First Nation. Ms. Martin is engaged as the Manager of Capital Assets, which includes procurement and asset management. She is responsible for all capital assets and leases

required for the operations of the Cree Regional Authority (CRA) and all of its departments.

Rachel's experience and expertise;

- ◆ Over 12 years of experience at the Cree Board of Health and Social Services of James Bay, including 8 years as Head of Administrative Services for Public Health
- ◆ Managed a team of 12 employees
- ◆ Strong background in Finance and Administration
- ◆ Bilingual in English and French

270 Prince Street, Suite 202, Montreal, QC, H3C 2N3



Martin Sureau

Mr. Martin Sureau is engaged as the Manager of Operations and Maintenance he will be responsible for the overall operations and maintenance in order to ensure ready and safe access for the public and

public safety vehicles of all Cree Regional Authority (CRA) owned buildings and spaces: public buildings,

public spaces in all CRA owned housing, and property grounds.

Martin's experience and expertise;

- ◆ *Business and Administration certificate TELQUE- Tele-Universite du Quebec*
- ◆ *Bachelor. SC. Kinesiology, Universite de Sherbrooke.*
- ◆ *Worked 8 years with Cree First Nation of Nemaska, as the Director of Sports Complex*
- ◆ *Bilingual in English and French*



Mary Anne Larivière

Mary Anne Larivière is an Algonquin and originally from Temiscamingue First Nation. Ms. Larivière engaged as the Office Clerk for CWS Liaison Office located in Val-d'Or. The Office Agent is responsible for

providing administrative support to the respective office.

Mary Anne's experience and expertise;

- ◆ *Held several clerical positions*
- ◆ *Since 2005, she worked for Massenor Inc. / VC Construction Inc.*
- ◆ *Bilingual in English and French*

List of CWS/CRA Maintenance and Custodians (Janitorial) workers; under the supervision of the Manager of Operations & Maintenance.

Custodians (Janitor) Workers

Employee	CRA Facility	Community
Maria Couchees	Justice Dept. & EEPF Facilities	Ouje-Bougoumou
Jordan Gilpin	Justice Dept. & EEPF Facilities	Eastmain
Bradley Hester	Justice Dept. & EEPF Facilities	Waskaganish
Louise D. Kitchen	Justice Dept. & EEPF Facilities	Waswanipi
Melissa Mark	Justice Dept. & EEPF Facilities	Wemindji
Rita Sealhunter	Justice Dept., EEPF & CHRD Facilities	Chisasibi
Sheila Sealhunter	Justice Dept., EEPF & CHRD Facilities	Chisasibi
Linda Shem	Justice Dept. & EEPF Facilities	Whapmagoostui
David Trapper	Justice Dept. & EEPF Facilities	Mistissini

Maintenance Workers

Employee	CRA Facility	Community
Abel Gunner	Justice Dept. & EEPF Facilities	Nemaska
Brian Jones	Justice Dept. & EEPF Facilities	Whapmagoostui
William Matoush	Justice Dept. & EEPF Facilities	Mistissini, Waswanipi & Ouje-bougoumou
Bernanrd Mayappo	Justice Dept. & EEPF Facilities	Esatmain, Waskaganish & Wemindji
Melanie Agatukaluk	Justice Dept. & EEPF Facilities	Chisasibi

EMPLOYMENT NOTICE



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Cree Regional Authority
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Grand Council of the Crees (Eeyou/Eenou Istchee)
Grand conseil des Cris (Eeyou/Eenou Istchee)

The Grand Council of the Crees Eeyou Istchee (GCCEI) is seeking a Director of Quebec Relations. The individual would be responsible for representing Cree interests, developing and maintaining strategic relationships with the Provincial government.

The GCCEI offers its regular employees excellent employee benefits. These include participation in our Pension and Group Insurance Plan. Salary for the position is determined by the established salary administration policy and in consideration of the successful candidate's skills and experience.

Salary Grade 8:
(Minimum \$90, 608 - Maximum \$135, 912)

**For the complete job descriptions
please refer: www.gcc.ca/careers or
www.chrd.ca**

The CRA may, at its discretion, waive any or all of the aforementioned requirements if a suitable candidate who is a JBNQA beneficiary accepts to follow a training plan determined by the CRA as a condition of employment.

Should you feel that you meet the criteria as set out in the job description, please forward your letter of interest along with your Curriculum Vitae indicating the competition number GCC-201301 to:

**Cynthia Vezina,
Recruitment and Training
Email: hr@cra.qc.ca
Tel: 514-861-5837
Fax: 514-861-0760**

SECRÉTARIAT AUX
ALLIANCES ÉCONOMIQUES
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Secretariat to the Cree Nation -
Abitibi-Témiscamingue Economic Alliance
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UNDER THE NORTHERN SKY

Put the love and joy back into Christmas

by Xavier Kataquapit

Christmas is just around the corner and already I see the sales push everywhere I go. I have never really enjoyed this time of the year because I realize that it is mostly about a huge push to market products to us – the consumer. That brings about a lot of stress. Christmas has become more or less a money time of the year.

The kids want the latest toy so they can keep up to their classmates and neighbours and the parents are under the gun to provide all the latest gadgets and products for them. I see the result of this everywhere with cars being raced from mall to mall or store to store with parents frantic to fulfill their children's wish list. I see these stressed-out parents in the stores lining up to buy these gifts and they never look happy.

The strange thing is that even when mom and dad travel far and wide to buy, buy, buy, on Christmas morning the kids are often either disappointed that it was not enough or they simply discard some expensive item and pick up a cardboard box to play with. This is the time of the year when people should connect with the feeling of love and joy, but instead it has ended up being all about money and falling prey to smart marketing by big toy companies.

Christmas has almost always been a time of stress for me and I see it in so many others. These special days have turned into a time of the year when many sad and tragic things happen and that has to do with another prominent feature most of us take part in. I am referring to the use of alcohol and drugs at this time of the year.

For many households even though there are many presents under the tree the children will not be very happy. Too many of us equate Christmas and New Year's Eve with parties where things always get out of hand. The children are forgotten as people party into the night and often there are very severe tragedies associated with this.

It is very sad when children realize that they cannot count on their parents for safety and protection because they are out

of it on booze or drugs. This kind of Christmas is more like a horror show for them and will remain in their memories forever. People fight, curse, act irresponsibly and often endanger the children in the house. Many will drink and drive and have accidents. With the overindulgence, family violence frequently spikes during the so-called festive season.

Imagine the terror in a young child's mind as they lie in their bed listening to the adults fight, get sick, swear and turn violent. In an alcoholic or drug-using household these children often live a nightmare. Dad and mom are not in their normal minds and they can't be trusted to care for the kids. Children understand this situation and they become frightened and emotionally unstable. They know that they cannot simply go to their parents and their guests in this state of intoxication and often they group together to try to weather the storm as the party carries on outside their door.

Perhaps if we could realize the terror and fear that this behaviour triggers in our children, we would look for an opportunity to change. This time of the year should really be about love and joy, but it's up to us to make sure that becomes the reality for our kids.

Perhaps this Christmas and New Year is the perfect time to get help if you are having problems with the bottle or if you are caught up in drugs. Go to the Yellow Pages and look up the number for Alcoholic Anonymous or Narcotics Anonymous. Ask for help. You can also turn to the many social services that exist in most communities that help with addictions. On remote First Nations we have people who work in addictions and they can be sought out for help.

You could make this the best Christmas and New Year holiday time ever for yourself and your kids if you think you might have a problem with drinking or drugging. That would put the love and joy back into this special season.

CLASSIFIEDS

PUBLIC SERVICE ANNOUNCEMENTS

Meetings in Mississauga: Alcoholics Anonymous, Tuesday's Hope Meeting, are at 7PM at the Mamou-Wechidow Building Amisk Street. **Alanon Meetings** are on Tuesdays as well at 7PM at the Mamou-Wechidow Building Amisk Street. **Alateen Meetings** are on Mondays at 3:30PM at the Reception Centre 282 Main Street. These meetings are all open meetings.

TD Scholarships for Community Leadership - Apply today! Applications available at Your high school or CEGEP (in Quebec) Online at www.td.com/scholarship or Call 1-800-308-8306 TTY (Text telephone) 1-800-361-1180

Cultural Manual for Foster and Adoptive parents of Aboriginal Children, launched at the last Gathering of the NETWORK on October 3... CHECK IT OUT! www.reseautmtnetwork.com/eng/Portals/5/Cultural%20Manual.pdf

The Aviva Community Fund is Canada's longest running online community competition. With over \$2.5 million dollars given away to date, the Aviva Community Fund is making a difference in communities across the country. Submit your idea for positive change and have a chance at sharing in this year's \$1 million Aviva Community Fund.

For more info go to <http://www.avivacommunityfund.org/>

Kid's Help Phone Line:

1-800-668-6868

(www.kidshelpphone.ca)

Youth Helpline: 1-800-263-2266 (www.teljeunes.com)

Parents' Helpline: 1-800-361-5085

(www.parenthelpline.ca)

Missing Children's Network: They'll help you find kids who have run away or disappeared.

514-843-4333

(www.enfant-retourquebec.ca)

Drug Addiction help and reference: 1-800-265-2626

(www.drogue-aiderreference.qc.ca)

Gambling Addiction help and reference: 1-800-265-2626

(www.info-reference.qc.ca)

S.O.S. Conjugal Violence:

1-800-363-9010

(www.sosviolenceconjugale.com)

Health and Sexuality Resources Center: 1-888-855-7432

(Monday to Friday, 9am to 5pm) (www.criss.org)

Gay Helpline: 1-888-505-1010 (Monday to Friday, 8 am to 3 am and Saturday-Sunday, 11 am to 3 am)

The Native Women's Shelter of Montreal: 1-866-403-4688

(www.nwsm.info)

Suicide Action Québec:

1-866-277-3553

(www.suicide-quebec.net)

Residential School Survivors: A 24 hour toll-free crisis line is available to provide immediate emotional assistance and can be reached 24-hours a day, seven days a week: 1-866-925-4419. Other support services and information for survivors is available on the AFN website at: www.afn.ca/residentialschools/resources

Concordia University, Montreal:

The Centre for Native Education has changed its name to the Aboriginal Student Resource Centre (ASRC). The new name is inclusive of the First Nations, Inuit and Métis students the centre serves and recognizes its role as a resource for the Concordia community. For any further details contact: aboriginalcentre@concordia.ca or 514-848-2424 ext. 7327.

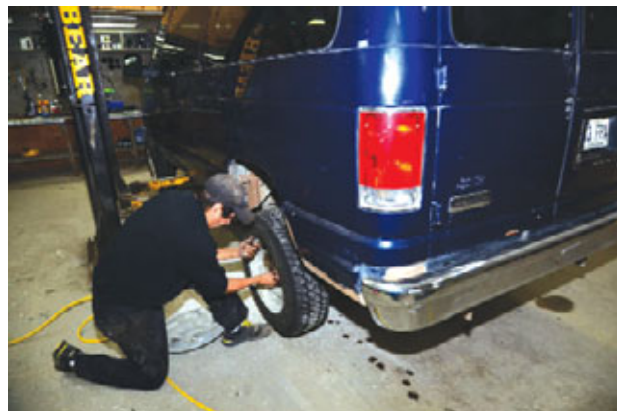
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On behalf of everyone at Air Creebec Inc.
we would like to wish everyone a
Merry Christmas and Safe and Happy Holidays!

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